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**Практикум по чтению и переводу спортивных текстов  
с заданиями для профессиональной коммуникации  
по предмету «Английский язык»  
для студентов 2 курса факультета физической культуры,  
спорта и оздоровительных технологий  
по направлениям подготовки 49.03.04 Спорт,  
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## **ВВЕДЕНИЕ**

Цель практикума – развитие навыков чтения и перевода текстов со словарем, развитие у обучающихся познавательной активности, самостоятельности, инициативы, творческих способностей, формирование иноязычных профессиональных коммуникативных навыков и компетенций, обогащение языкового запаса, индивидуализация обучения и развитие речевой деятельности.

Практикум содержит практические задания и упражнения, которые способствуют овладению студентами как общекультурными, так и профессиональными компетенциями. Каждый раздел включает активный словарь, основной текст, послетекстовые упражнения, дополнительное чтение, а также грамматические упражнения. В конце практикума имеется список высказываний для выражения своей точки зрения на английском языке. Все это способствует повышению уровня образования студентов.

Практикум может быть использован в качестве учебно-методического материала на 2 курсе очного отделения для работы в аудитории и для самостоятельной работы студентов.

## Unit 1.

### Vocabulary

spear – копье	to dribble – вести мяч
to hunt – охотиться	to kick – забить гол
to bring – приносить	crucial – решающий
to bring – приносить	to lay claims to – чтобы претендовать на
supply – припасы	glory – слава
javelin throwing – метание копья	amazing – удивительный
essential – существенный	feat – проявление большой
skill – умение	excel – превосходить
survival – выживание	significance – значение
to aim – стремиться	to perform – выполнять
to shoot – стрелять	to exist – существовать
terrain – местность	vital – жизненно важно
pursuit – стремление	reason – причина
prey – добыча	to promote – продвигать
to prove – доказывать	health – здоровье
accurately – точно	to engage in – заниматься
competitor – соперник	to build up – создавать
to outrun – опережать	mental – умственный
excellence – превосходство	strength – сила
desire – желание	Illness – болезнь
purpose – цель	to mean – значить
to be armed with – вооружиться	to cycle – ездить на велосипеде
to be armed with – вооружиться	to demand – требовать
Indomitable – неукротимый	drain – канава
spirit – дух	to complete – завершить
determination – решительность	various – различный
to reach – достигать	exercise – упражнение
to dream – мечтать	effort – усилие
to capture – захватить	to train – тренировать
to outsmart – перехитрить	integral – неотъемлемый
opposing team – команда	to try – пытаться

### Exercise 1. Before you read the text, talk about these questions.

1. What is your favorite sport? Why?
2. Do you think everybody should practice sports?

## **Exercise 2. Read the text.**

### **Sport**

The evolution of sports in the modern world is an interesting one. In the past, men took up spears to hunt animals for food. He who could use the spear most expertly would usually bring home a bigger supply of food. Nowadays, men take up spears only in sports, in what we now call 'javelin throwing'. What used to be essential skills in survival, such as running, shooting and jumping, are now skills that are tested primarily in the sports arena. Man no longer has to aim well to shoot at a deer grazing in the grassland or jump over difficult terrain in pursuit of his prey. What he does have to do now is to prove to others that he can shoot further or more accurately than the other competitors, or outrun his opponents in a race. The pursuit of excellence in sports has become the desire and purpose of every true sportsman today. Sportsmen have to be armed with an indomitable spirit of determination and discipline in order to reach heights ordinary men can only dream of. Carl Lewis, one of the world's fastest men, ran the 100-meter race under ten seconds. Michael Jordan outjumped and outscored his opponents in many basketball matches in the United States. Michael Owen captured the hearts of millions of fans when he outsmarted the opposing team to dribble and kick home a crucial goal during the 1998 World Cup. These sportsmen lay claims to glory through their amazing feats in the sports they play and excel in. However, what significance does sport hold for the ordinary people – people who cannot perform extraordinary feats like the above-mentioned sports icons of modern times? Thankfully, sports exist for another very vital reason. They promote health. When we engage in a sport, whether it is cycling, swimming, playing football or tennis, it helps to build up our physical as well as mental strength. When the body is strong, it means that we are able to fight off infections or illnesses, such as cold or fever, better and faster than someone who is not physically healthy. Sports also help to build up our mental strength. Engaging in any type of sports demands focus. One would not want to cycle right into the drain or be hit by a tennis ball coming right at you. Similarly, we need discipline to complete the various exercises. It takes time and effort to train to play basketball or to complete a long distance run. Hence, sports have become

an integral part of our lives and it is no wonder that the Government is trying to encourage a nation of healthy living by promoting sports.

**Exercise 3. Answer the questions**

1. What are the most essential skills in sports?
2. What is the purpose of every true sportsman today?
3. What do sportsmen need in order to reach heights ordinary men can only dream of?
4. What is Michael Jordan famous for?
5. What significance does sport hold for the ordinary people?
6. What does a strong body mean?
7. How can sports help to build up our mental strength?
8. Why is sport promoted all over the world?

**Exercise 4. Translate from English into Russian.**

The modern world, to hunt animals for food, use the spear, a bigger supply of food, javelin throwing, essential skills, jump over difficult terrain, in pursuit of, to prove to others, purpose, outrun his opponents, to be armed with, an indomitable spirit of determination, in order to, lay claims to glory, amazing feats, excel in, vital reason, promote health, mental strength, to fight off infections, it means that, to cycle right into the drain, to complete the various exercises, time and effort, it is no wonder that, to encourage a nation of healthy living.

**Exercise 5. Translate from Russian into English.**

1. Спорт – организованная по определенным правилам деятельность людей, состоящая в сопоставлении их физических и интеллектуальных способностей. 2. Массовый спорт дает возможность миллионам людей совершенствовать свои физические качества и двигательные возможности, укреплять здоровье и продлевать творческое долголетие. 3. Цель спорта высших достижений – это достижение максимально возможных спортивных результатов или побед на крупнейших спортивных соревнованиях. 4. Спорт стал неотъемлемой частью нашей жизни. 5. Спортсмену необходима дисциплина, чтобы достичь высот в спорте. 6. Занятие спортом помогает нам бороться

с инфекциями и разного рода заболеваниями. 7. В спорте стрелок из лука доказывает другим, что он стреляет точнее своих соперников.

**Exercise 6. Match the words with the definitions.**

1. strength	a. the quality or state of being physically strong
2. competitor	b. someone who is trying to win or do better than all others especially in business or sports
3. skill	c. a contest of speed
4. race	d. public praise, honor, and fame
5. glory	e. the quality of being important
6. significance	f. the condition of being well or free from disease
7. health	g. the ability to do something that comes from training, experience, or practice

**Exercise 7. Complete the text with an appropriate word from the box.**

strength competitor skill race glory significance health

1. Apple is winning for a very simple reason – it is making terrific products that no other \_\_\_ can match.
2. Athletes use their \_\_\_ to achieve athletic objectives e.g. sprinting a 10.0 second 100 meters.
3. A vote of the top sports requiring \_\_\_ has the obvious sport of weightlifting ranked highest.
4. The competitors in a \_\_\_ try to complete a given task in the shortest amount of time.
5. Greece reached the height of its \_\_\_ and power in the 5th century B.C.
6. Ancient Egyptians regarded the heart as the center of intelligence and emotion, and believed the brain to have no \_\_\_ whatsoever.
7. We even have \_\_\_ insurance.

**Exercise 8. Complete the following sentences by using the correct form of do (do, don't, does, doesn't).**

1. My mother likes chocolate, but she \_\_\_ like biscuits.
2. What \_\_\_ the children wear at your school?



3. Lynn's father watches badminton on TV, but he \_\_\_ watch judo.
4. Where \_\_\_ the Masons buy their fruit?
5. \_\_\_ the cat like to sleep on the sofa?
6. Dogs love bones, but they \_\_\_ love cheese.
7. Where \_\_\_ Sam and Ben hide their CDs?
8. We eat pizza, but we \_\_\_ eat hamburgers.
9. \_\_\_ Mrs. Miller read magazines?
10. \_\_\_ the boys play cricket outside?

**Exercise 9. Fill in the gaps with am, is, are, aren't, isn't, do, does, doesn't, don't**

1. They \_\_\_ (be/not) home they \_\_\_ (be) at their son's home.
2. Where \_\_\_ (be) John? He \_\_\_ (be) at the movies.
3. \_\_\_ you like sushi? No, I \_\_\_ .
4. \_\_\_ (be) you a generous person?
5. \_\_\_ your sister walk to school everyday. Yes, she...
6. Mr. Fiend \_\_\_ (not/work) on Sundays, but his wife \_\_\_ .
7. \_\_\_ you always happy? Yes, I...
8. I \_\_\_ happy to be here.
9. Tim \_\_\_ always at the club on the weekend.
10. Who \_\_\_ (not/walk) to school?
11. Mary \_\_\_ (not /study) history.
12. Ann \_\_\_ (now/ know) how to swim.
13. Ann \_\_\_ (walk) in the park everyday.
14. James \_\_\_ (be/not) in a band.

**Exercise 10. Choose the best tense for each space, Present Simple or Present Continuous.**

1. John lives and works in Florida but he \_\_\_ (have) a holiday in England at the moment.
2. I wonder why the neighbor's dog \_\_\_ (bark) again. Maybe there is a burglar!
3. Alan \_\_\_ (get up) at seven o'clock every morning.

4. Then he \_\_\_ (go) to have a shower before breakfast.
5. Then he \_\_\_ (drive) to the beach and stays all day.
6. He \_\_\_ (not/work) because he won the lottery last year.
7. Why \_\_\_ (you/learn) English this year?
8. I \_\_\_ (live) with my sister for a month because she is pregnant and I can help her.
9. Tell me – what \_\_\_ (you/wear). That way, I will recognise you at the station.
10. Jane is in the kitchen and very stressed! She \_\_\_ (cook) dinner for 20 people.

**Exercise 11. Make a short summery on the topic “Sport”.**

**Exercise 12. Comment on the statements.**

1. The health of people is really the foundation upon which all their happiness and all their power as a state depend.
2. He who has health has hope, and he who has hope has everything.
3. A man too busy to take care of his health is like a mechanic too busy to take care of his tools.
4. The human body is the best picture of the human soul.
5. A runner must run with dreams in his heart, not money in his pocket.

**Exercise 13. Discuss with a partner.**

People don't play sports because its fun. Ask any athlete, most of them hate it, but they couldn't imagine their life without it. It's part of them, the love/hate relationship. It's what they live for. They live for the practices, parties, cheers, long bus rides, invitations, countless pairs of different types of shoes, water, Gatorade, & coaches you hate but appreciate. They live for the way it feels when they beat the other team, and knowing those two extra sprints they ran in practice were worth it. They live for the way they become a family with their team, they live for the countless songs they sing in their head while training all those hours. They live for the competition, they live for the friends, the practices, the memories, the pain, and it's who they are. It's who we are.

## Unit 2.

### Vocabulary

distinct – определенный	serve – подавать
to trace – проследивать	surface – поверхность
root – корень	attractive – привлекательный
primarily – в первую очередь	to remain – оставаться
soldier – солдат	hallmark – отличительный признак
familiar – знакомые	shot – удар
initial – первоначальный	challenge – вызов
introduction – введение	smash – удар по мячу сверху вниз
be regarded as – можно	agility – проворство
society – общество	command – владение
genteel – благовоспитанный	deft – ловкий
pastime – времяпровождение	dimension – величина
rule – правило	advantage – преимущество
to remain – оставаться	championship – чемпионат
virtually – фактически	genetic – генетический
unaltered – неизменный	trait – черта
member – член	slight – незначительный
to contest – оспаривать	build – телосложение
double – парный	stature – рост
event – соревнование	ancestry – родословная
circuit – лига спортивных команд	to suit – подходить
to involve – включать	lateral – боковой
recreational – развлекательный	quickness – проворство
deceptively – обманчиво	capacity – способность
simple – простой	explosive – взрывной
to require – требовать	essential – существенный
net – сеть	pure – чистый
lightweight – легкий	leap – прыжок
feathered – покрытый перьями	scissor kick – ножницеобразный
shuttlecock – волан	impact – влияние
to deliver – доставлять	to convert – преобразовывать
intent – намерение	to combine – объединять
view – поле зрения	feature – особенность
relatively – относительно	stretching- растягивание

### Exercise 1. Before you read the text, talk about these questions

1. What do you need to have to be a knockout badminton player?
2. What equipment is used to play badminton?

## **Exercise 2. Read the text.**

### **Badminton**

The game of badminton is one with two distinct histories. Badminton can trace its roots over 2,500 years to a number of cultures, primarily China and India (where the game was known as poona). The modern game takes its name from Badminton House, in Gloucester, England, where soldiers familiar with the game through their service in India played the game on their return home. In the initial years of its introduction to English society, the game was regarded as a genteel pastime; the rules of the sport were codified in 1895, and remain virtually unaltered today. The International Badminton Federation (IBF) was formed in 1934. The IBF has over 140 member countries. Badminton is contested in a singles' competition format for both men and women, doubles events for both men and women, and mixed doubles. An international professional circuit, involving significant prize money, has grown significantly since 1990. In 1992, badminton was introduced to the Summer Olympics as a full medal sport. Badminton has been played in many parts of the world as a recreational activity. It is a deceptively simple sport, requiring a net, two or four people with lightweight metal or composite material rackets made in a similar shape to that of a tennis racket, and a lightweight, feathered object called the shuttlecock or shuttle. The goal is to deliver the shuttle over the net, with the intent to place it where it cannot be returned by the opponent. Badminton was traditionally viewed as a sport that anyone could play. As with many sports with relatively simple rules, sporting excellence in badminton is achieved through execution and precise movement by the athlete. As with the sports of tennis and volleyball, the badminton net regulates the nature of the game. The badminton court is a relatively small space at 44 ft by 17 ft (13.4 m by 5.2 m) or 20 ft (6.1 m) wide for four players. The net stands 5 ft (1.5 m) high. The games are scored to 15 points (women's singles play is scored to 11 points), with points only permitted to be scored on the player's serve. The shuttle may not be touched while in the air above the opponent's court, and the shuttle may not touch the surface of the court. The simplicity of badminton that makes it an attractive recreational activity remains its hallmark at the elite level.

The speed and the power of the shots transform badminton from recreation to a significant athletic challenge. The sport requires extremely well-developed agility and hand-eye coordination. The tactics of the game demand a command of a deft touch, to drop a shot into a precise area of the opposing court, as well as the power to deliver a smash; elite competitors can deliver the shuttle at speeds in excess of 150 mph (250 km/h). The placement of shots and the tactics to be employed are also important components of badminton success. Given the height of the net and the dimensions of the court, a tall player would seem to be at an advantage in badminton. However, the Olympics badminton championships and recent world championships have been dominated by athletes from Asian countries. The genetic traits of these athletes, which include slighter builds and smaller statures than most persons of European or North American ancestry, are ideally suited to the sport. Lateral quickness, balance, and a capacity for explosive movement are essential to badminton success. The technique required to deliver the primary power shot, the smash, is not a pure strength movement. When the player sees an opportunity to return the shuttle forcefully, the player will often leap, combining a scissor kick and fast arm action with the racket at the point of impact with the shuttle. The jump effectively transfers significant potential energy to a position where, on impact, the athlete converts that energy store into kinetic energy, most of which transfers to the shuttle. The physical training program for effective badminton will combine several features. Stretching and flexibility is of primary importance, as the lateral movement and explosive reactions required place a significant stress on the lower leg joints and groin tissues. Exercises that assist in plyometrics training and intervals will support the movements required in a small space. While the sport is primarily anaerobic in terms of its energy demands, it is common for badminton matches to be extended over multiple sets, with more than one match played per day. Aerobic fitness assists these athletes in their recovery from the anaerobic exertions of the sport.

### **Exercise 3. Answer the questions.**

1. How does the modern game take its name?
2. When was the IBF formed?

3. How many members are there in the IBF?
4. How is badminton contested?
5. When was badminton introduced to the Summer Olympics?
6. What equipment is needed for playing badminton?
7. What is the goal of the game?
8. How is sporting excellence achieved in badminton?
9. What regulates the nature of the game?
10. How are the games scored?
11. What skills does badminton require?
12. What do the tactics of the game demand?
13. What is essential to badminton success?
14. What is important for effective training program?
15. Why is it common for badminton matches to be extended over multiple sets?

**Exercise 4. Translate from English into Russian.**

Trace its roots, takes its name from, was regarded as a genteel pastime, remain virtually unaltered, an international professional circuit, as a full medal sport, as a recreational activity, shuttlecock, goal, to deliver the shuttle over the net, sporting excellence, with points only permitted to be scored on the player's serve, above the opponent's court, the surface of the court, remains its hallmark, the speed and the power of the shots, a significant athletic challenge, well-developed agility, hand-eye coordination, demand a command of a deft touch, the power to deliver a smash, in excess of, to be at an advantage, genetic traits, slighter builds, smaller statures, are ideally suited to, lateral quickness, a capacity for explosive movement, leap, a scissor kick, on impact, stretching and flexibility, lower leg joints, groin tissues, anaerobic exertions.

**Exercise 5. Translate from Russian into English.**

1. Бадминтон – вид спорта, в котором игроки располагаются на противоположных сторонах разделённой сеткой площадки и перекидывают волан через сетку ударами ракеток, стремясь выиграть партию.
2. Соперничают два игрока или две пары игроков.

3. Входит в программу летних Олимпийских игр с 1992 года.

4. Современная традиция игры берет начало в Англии, в старинной усадьбе Бадминтон-хаус, владелец которой, герцог Бофорт, соорудил в 1873 году первую площадку для игры в бадминтон.

5. Всемирная федерация бадминтона была создана в 1934 году.

6. С 1947 года проводится крупнейшее командное соревнование среди мужчин – Кубок Томаса.

7. Среди женщин главный командный старт – Кубок Убер проводится с 1955 года.

8. По традиционным (старым) правилам: одно очко начисляется при выигрыше розыгрыша подающим игроком.

9. В случае если подающий игрок проиграл розыгрыш, подача переходит к сопернику.

10. В парной встрече у каждой команды имеется 2 подачи, при потере обеих подач подача переходит к сопернику.

11. Игра идёт до 15 очков.

12. В настоящее время на планете доминируют азиатские спортсмены (Китай, Республика Корея, Индонезия), которые завоёвывают до 90% медалей на мировых первенствах.

**Exercise 6. Complete the sentences. Use the present simple of the verbs in brackets.**

1. The speed and the power of the shots \_\_\_ badminton from recreation to a significant athletic challenge. (transform).

2. Stretching and flexibility \_\_\_ of primary importance. (be)

3. The modern game \_\_\_ its name from Badminton House. (take)

4. The tactics of the game \_\_\_ a command of a deft touch. (demand)

5. Aerobic fitness \_\_\_ these athletes in their recovery from the anaerobic exertions of the sport. (assist)

6. The server \_\_\_ the shuttlecock so that it would land in the receiver's service court. (hit)

7. It \_\_\_ her block out some of the things that can be stressful. (not help)
8. They \_\_\_ to play the semi-final against each other. (not want)
9. She \_\_\_ it look effortless, but she \_\_\_ very hard. (make, work)
10. \_\_\_ you \_\_\_ any pressure from your coach? (feel)
11. What \_\_\_ you \_\_\_ of the new rally points scoring system? (think)
12. Who \_\_\_ he \_\_\_ as the all time best player? (regard)
13. \_\_\_ they \_\_\_ being a professional badminton player a rewarding career?  
(consider)
14. When \_\_\_ she \_\_\_ expect a breakthrough on the international level? (expect)

**Exercise 7. Complete the sentences. Use Present simple or Present Continuous.**

1. She \_\_\_ (run) because she's late for her lesson.
2. Our teacher always \_\_\_ (give) us lots of homework.
3. We \_\_\_ (not want) to go to the concert.
4. What time \_\_\_ (you / meet) Pete tomorrow?
5. I \_\_\_ (not work) today. I'm on holiday.
6. People \_\_\_ (speak) English in Jamaica.
7. Archie \_\_\_ (not use) his computer at the moment.
8. \_\_\_ (Tony/live) near the park?

**Exercise 8. Complete the sentences. Use Present simple or the Present Continuous.**

1. While Tom \_\_\_ (read), Anna \_\_\_ (watch) a documentary on TV.
2. Marvin \_\_\_ (come) home, \_\_\_ (switch) on the computer and \_\_\_ (check) his emails.
3. The thief \_\_\_ (sneak) into the house, \_\_\_ (steal) the jewels and \_\_\_ (leave) without a trace.
4. Nobody \_\_\_ (listen) while the teacher \_\_\_ (explain) the tenses.
5. While we \_\_\_ (do) a sight-seeing tour, our friends \_\_\_ (lie) on the beach.
6. He \_\_\_ (wake) up and \_\_\_ (look) at his watch.



**Exercise 9. Complete the sentences. Use the past simple.**

1. The tutor group \_\_\_ a prize. (to win)
2. Peter \_\_\_ for Emily's ticket. (to pay)
3. The bird \_\_\_ high in the sky. (to fly)
4. Jake \_\_\_ his arm. (to break)
5. The doctor \_\_\_ him some medicine. (to give)
6. They \_\_\_ the good news. (to hear)
7. Ben \_\_\_ his taxi through London. (to drive)
8. The friends \_\_\_ in front of the café. (to meet)
9. The man \_\_\_ all the answers. (to know)
10. She \_\_\_ the newspaper. (to read)

**Exercise 10. Write questions with was, were or did.**

1. We went to the park.
2. \_\_\_ we go to the park?
3. My friend was at home.
4. \_\_\_ my friend at home?
5. It was your party last week.
6. \_\_\_ it your party last week?
7. They made a lot of toast.
8. \_\_\_ they make a lot of toast?
9. The neighbours were nice.
10. \_\_\_ the neighbours nice?
11. The film was interesting.
12. \_\_\_ the film interesting?
13. Ron did all the exercises.
14. \_\_\_ Ron do all the exercises?
15. The girls felt hungry.
16. \_\_\_ the girls feel hungry?
17. The class ate hamburgers.
18. \_\_\_ the class eat hamburgers?

19. The information was in the newspaper.

20. \_\_\_ the information in the newspaper?

**Exercise 11. Match the words with the definitions.**

1. fault	a. unit of scoring or counting
2. rally	b. shot that initiates the play; should be low and short or high and deep
3. serve	c. denotes an infraction of the rules resulting in a point for the other team
4. smash	d. the object hit back and forth over the net in badminton
5. kill	e. an exchange of the shuttle between opponents by a series of strokes
6. score	f. the total number of points made by each competitor or side in a contest, either final or at a given stage
7. point	g. powerful downward stroke using wrist snap to end the point by hitting the bird in front of the opponent half
8. shuttlecock	h. barrier of meshwork cord or rope strung between two posts to divide a court in
9. net	i. fast downward shot that cannot be returned

**Exercise 12. Complete the text with an appropriate word from the box.**

court fault point net players server trick rally shot margin score shuttlecock  
doubles

**How the game works**

Badminton is played on a (1) \_\_\_ marked for both singles and (2) \_\_\_ matches. The doubles court is 6.1 metres (20 feet) wide and 13.4 m (44 ft) long, and the singles court is a little smaller. The (3) \_\_\_ is 1.55 m (5 ft 1 inch) high at the edges and 1.524 m (5 ft) high in the centre. To begin a singles game, (4) \_\_\_ stand in diagonally opposite service courts (see diagram at right) and the (5) \_\_\_ then serves the (6) \_\_\_ underhand from below the waist. If the receiver thinks the serve is a (7) \_\_\_, meaning it will land outside the receiver's service court, he or she can leave it and win the point if it does go out. But if the receiver thinks the serve is good, he or she must return it before it bounces. If the return is good, a (8) \_\_\_ begins.

The rally continues until someone wins it by hitting a good (9) \_\_\_ which their opponent cannot return, or until someone loses it by hitting a fault. Faults include hitting the shuttlecock into the net, hitting it outside the court, or hitting it twice with two separate shots before it goes over the net. Whoever wins the rally earns one (10) \_\_\_, and serves to start the next point. Players can use a range of shots during a rally, including drop shots, drives, clears, smashes, kills, net shots and push shots. Top players learn to disguise their shots, and try to (11) \_\_\_ the opponent into thinking they're about to hit one type of shot, but then hit a very different type of shot, hoping to win the point by surprising the opponent. Play continues until one player wins the game by being the first to earn 21 points, with a (12) \_\_\_ of at least 2 points. For example, if the (13) \_\_\_ is 21 to 19, the game is over. But if the score is 21 to 20, the game continues. If the player with 21 points then wins a point, the score is 22 to 20 and the game is over.

**Exercise 13. Make a short summery on the topic “Badminton”.**

### Unit 3

#### Vocabulary

sheet – площадка, «поляна»	conventional – обычный
brush – щетка	tournament – турнир
sweep – зд. тереть	to occur – происходить
stone – камень	appeal – привлекательность
target – цель	simultaneously – одновременно
to locate – располагать в	to deteriorate – ухудшаться
parlance – язык	"hog line" – зачётная линия
alternately – попеременно	push off – отталкиваться
allotted – распределять	"hack" – колодка
to shift – менять	to slide – скользить
depend on – зависит от	forward – вперед
object – цель	gently – осторожно
conclusion – заключение	to release – освободить
even – четный	to accompany – сопровождать
century – век	twist – кручение
indeed – действительно	handle – ручка
bulls-eye – яблоко мишени	to spin – крутить
unique – уникальный	to cause – вызывать

to concern – относиться	direction – направление
facet-аспект ability – способность	underside – нижняя часть
to treat – обрабатывать	to affect – влиять
to provide – предоставлять	debris – частицы
friction – трение	broom – щетка
solid – твердый	curl – дугообразная траектория движения камня по льду
to freeze – замораживать	defined – определенный
pebbled – зернистый	order – порядок
in contrast – в противоположность	"vice" – игрок, который руководит игрой команды во время выполнения скипом своих бросков и помогает капитану в выборе стратегии
smooth – гладкий	"skip" – капитан команды, определяющий стратегию игры, находится в доме и своей щеткой выставляет «прицел» для броска

**Exercise 1. Before you read the text, talk about these questions.**

1. What is curling?
2. What is so special about the rocks?

**Exercise 2. Read the text.**

### **Curling**

Curling is a sport that is played on a sheet of ice. Long a popular wintertime sport in northern countries such as Canada (it is the official sport of the province of Saskatchewan), Sweden, Norway, Scotland, Switzerland, Denmark, Scandinavia, and the United States, it has become global and is now played in Japan, China, New Zealand, and Korea. Brushes sweep the ice in front of a stone during the 2005 European Curling Championship. Curling has been a medal sport at the Winter Olympics since 1998. Curling involves the controlled release and aim of heavy granite stones toward a target located at the other end of the ice (which, in the parlance of the sport, is called a "sheet"). Two teams of four alternately each "curls" their allotted two stones at the target. During the period of time when each team delivers the total of eight stones (called an "end"), team strategy can shift from trying to guide a stone nearest to the bulls-eye of the target (the house) to attempting

to hit and remove the stones of the opposition. Depending on the number of stones nearest the target, a team can score no, one, or several points in an end. The object of curling is to outscore the opponent at the conclusion of the even number of ends (typically eight or ten). Curling dates back centuries. It may have begun in Scotland in the sixteenth century, or even earlier, in the Netherlands. By the seventeenth century, the sport was an active part of Scottish wintertime sports. Canada's curling roots are just as deep. Indeed, the first organized sporting club in North America is the Royal Montreal Curling Club, which was founded in 1907. Just 25 years later, the first curling club was formed 1932 in the United States. One of the unique aspects of curling concerns the playing surface. While hockey and figure skating also take place on ice, the nature of the surface is much different in curling. Because an important facet of the sport is the ability to control the movement of the curling stones, the ice is specially treated to provide friction. This is done by spraying a mist of water over the solid ice surface. The spray freezes to create a pebbled texture. In contrast, the ice surface for skating and hockey is designed to be as smooth and frictionless as possible. As a curling match progresses, the ice pebbles are worn down by the stones. This changes the character of the ice during the match, which in turn alters the movement of the curling stones. Having to adjust to these changing conditions provides another challenge for the curlers. The ice sheet used for a curling match is 146 ft (45.5 m) long, almost as long as a conventional hockey rink, but at 14 ft 2 in (4.3 m) it is only about a third the width of the hockey surface. Indeed, in a curling tournament such as occurs at the Olympics, three ice sheets can be placed on the ice surface. Part of the appeal of a curling tournament (called a bonspiel) is being able to see three matches in progress simultaneously. The object of curling is to aim the stones to the center of the house. An ice sheet contains two houses, near each end (this allows play to be shifted from one end of the ice to the other end as the ice deteriorates). The bull's-eye of each house is centered by a line drawn down the middle of the sheet. Two other lines called "hog lines" are drawn at a right angle to the center line. Each hog line is located 37 ft (11.3 m) from each end of the sheet. To score a point, a rock delivered from one end of the sheet must cross the hog line

at the other end. If it does not, it is removed from play. A granite curling stone is heavy. At a maximum of 44 lb (20 kg), it is difficult to manipulate. To deliver the stone, a curler holds onto a handle positioned on top of the rock and then, by lifting the rock slightly as they push off from a foot-stop (the "hack"), the curler slides forward and gently releases the stone. The release, which has to occur before the nearest hog line, is often accompanied by a gentle twist of the handle, which spins the stone. It is this spin that will cause the stone to move in the direction of the spin as the stone slows and the small portion of the concave underside that actually contacts the ice is affected by the pebbly ice surface. As the stone moves down the sheet, the ice in front of it can be kept clear of debris by two of the team members (usually the "lead" and "second") who sweep the ice. Originally, brooms were used for this function. Now, specialized brushes are used. All four members of a team curl stones. Each member has two attempts in each end. They curl in a defined order; the lead, second, third (also called the "vice," or the "mate"), and the "skip" (who is in charge of the squad and literally calls the shots). The last stone delivered (the "hammer") alternates between the two teams with each end. The ability to accurately deliver the heavy curling stone to within inches of the intended target requires great skill and makes curling exciting to watch. Furthermore, in each end of a match, the constantly shifting strategy as different combinations and locations of stones occur add another dimension to the sport.

**Exercise 3. Answer the questions.**

1. What kind of sport is curling?
2. What does curling involve?
3. How many players are there in each team?
4. What is the object of curling?
5. When did curling begin?
6. What is the unique feature of curling?
7. How is the surface in curling different from the hockey one?
8. How is the ice treated to provide friction?
9. How many ice sheets can be placed on the ice surface at the Olympics?

10. How many houses does an ice sheet contain?
11. How is a point scored?
12. When is a rock removed from play?
13. What are the characteristics of a stone?
14. How is the stone delivered?
15. Why do team members sweep the ice?
16. Do all members curl stones?
17. How many attempts does each member have?
18. What is the order of curling stones?
19. What skills and abilities are required in curling?

#### **Exercise 4. Translate from English into Russian.**

Sweep, parlance, target, shift, to guide a stone, the bulls-eye of the target, to hit and remove, team can store, object, outscore the opponent, unique, the playing surface, an important facet of the sport, specially treated to provide friction, ice pebbles, alters the movement, to adjust to these changing conditions, provides another challenge, simultaneously, "hog lines", to score a point, remove, push off from a foot-stop, "hack", release, a gentle twist of the handle, spins the stone, the concave underside, be kept clear of debris, brooms, attempt, in a defined order, in charge of the squad, "hammer", requires great skill, locations of stones, add another dimension.

#### **Exercise 5. Translate from Russian into English.**

1. Кёрлинг – командная спортивная игра на ледяной площадке.
2. Участники двух команд поочередно пускают по льду специальные тяжелые гранитные снаряды («камни») в сторону размеченной на льду мишени («дома»).
3. В каждой команде – четыре игрока.
4. Кёрлинг возник в Шотландии в начале XVI века.
5. Площадка для кёрлинга представляет собой прямоугольное поле.
6. Камень весом 44 фунта (19,96 кг) изготавливается из определенного вида гранита, добываемого на острове Эйлса-Крейг в Шотландии.

7. Он имеет цилиндрическую форму (с некоторым переходом в тор) и кольцеобразную скользящую поверхность.

8. Сверху у камня имеется ручка.

9. Каждый из игроков вооружён специальной щёткой, которой он может натирать лед перед движущимся камнем.

10. В игре участвуют две команды по четыре человека: скип, вице скип, первый и второй.

11. В течение одного энда команды по очереди выпускают по 8 камней.

12. При розыгрыше камня игрок отталкивается от стартовой колодки и разгоняет по льду камень.

13. При этом он пытается либо добиться остановки камня в определенном месте, либо выбить из зачётной зоны камни противников, в зависимости от текущей тактической цели.

14. Другие игроки команды могут с помощью специальных щёток тереть лед перед камнем, тем самым слегка подправляя его движение.

15. Такие манипуляции щёткой называются свипованием.

#### **Exercise 6. Match the words with the definitions.**

1. tee	a. the space within the outermost circle drawn round the tee
2. hack	b. an implement for sweeping the ice in the game of curling
3. bonspiel	c. a notch cut in the ice, or a peg inserted, to steady the foot when delivering a stone in curling
4. house	d. the mark, a cross made on the ice and surrounded by circles, at which the stones are aimed.
5. rock	e. a curling tournament.

#### **Exercise 7. Complete the text with an appropriate word from the box.**

awarded brush button consists curler delivers house match pebbled score skip  
smoothes stones



Curling, a game similar to lawn bowls but played on ice. Two teams of four players (given the titles lead, second, third, and (1) \_\_\_ participate in a curling match. Each player slides round (2) \_\_\_, concave on the bottom and with a handle on the top, across the ice of a rink or a natural ice field toward the tee, or (3) \_\_\_, which is a fixed mark in the centre of a circle called the (4) \_\_\_ marked with concentric bands. The object of the game is for each side to get its stones closest to the centre. Each player (5) \_\_\_ two stones alternately with the opponent beginning with the lead of each team and ending with the skip, who is also the team captain. One point is (6) \_\_\_ for each stone that comes to rest nearer the tee than does any rival stone. A team can (7) \_\_\_ up to eight points with the 16 stones delivered in an end, or inning, unless no stone is in the house or the nearest opposing stones are equidistant, in which case there is no score. Blocking and knocking out an opponent's stones are important strategies of the sport. The usual number of ends in a (8) \_\_\_ is 8 to 12. In international competition a match always (9) \_\_\_ of 10 ends; ties are broken by the addition of extra ends until a winner emerges.

A distinctive part of the game is the use of a (10) \_\_\_, or broom, to sweep the ice in front of the sliding stone. This is a tradition carried over from the days when curling was played outdoors on frozen lakes; it was necessary to clear the snow to provide a path for the oncoming rock. Sweeping is still used today on indoor rinks because it both removes stray ice particles and (11) \_\_\_ the surface of the ice, thus assuring the stone a longer ride. The broom is also used by the (12) \_\_\_ for balance during delivery of the stone and by the skip to indicate where the curler should aim.

The ice is meticulously groomed to keep it completely level. Prior to competition, a mist of water is applied to the ice to create a (13) \_\_\_ surface that helps guide the stones.

**Exercise 8. Complete the sentences. Use the correct future tense – will, going to or Present Continuous.**

1. They \_\_\_ (drive) to New York tomorrow morning.
2. I hope the weather \_\_\_ (be) nice.
3. I offered him this job. I think he \_\_\_ (take) it.

4. I promise I \_\_\_ (not tell) your secret to anyone.
5. Take your umbrella with you. It \_\_\_ (rain).
6. They \_\_\_ (play) cards this evening.
7. I \_\_\_ (go) to the cinema tomorrow.
8. They \_\_\_ (fly) to Seattle next summer holidays.
9. I \_\_\_ (invite) 50 people to the party, and I hope everyone \_\_\_ (come).
10. That exercise looks difficult. I \_\_\_ (help) you.
11. \_\_\_ he \_\_\_ (go) to the football match?
12. Are you sure they \_\_\_ (win) the match?
13. She probably \_\_\_ (stay) till Thursday.
14. He \_\_\_ (not leave) tomorrow.
15. We think he \_\_\_ (come) home late in the night.

Exercise 10. Choose the correct option

1. We \_\_\_ to London tomorrow.
  - a) will fly b) are flying c) are going to fly
2. Have you heard that Tom \_\_\_ abroad next month?
  - a) will go b) is going to go c) is going
3. I expect you \_\_\_ a good decision.
  - a) will make b) are making c) are going to make
4. I'm sure I \_\_\_ to this job.
  - a) will be up b) am going to be up c) will being up
5. She has a lot of work to do. I doubt she \_\_\_\_.
  - a) is going to come b) will come c) is coming
6. The car is broken down. It \_\_\_\_.
  - a) won't work b) is not going to work c) isn't working
7. Enough! I \_\_\_ with your behaviour any longer.
  - a) won't put up b) am not going to put up c) am not putting up
8. \_\_\_ your car?
  - a) Will you sell b) Are you going to sell c) Are you selling
9. Don't be afraid, I \_\_\_\_\_ you.

a) won't hurt b) am not going to hurt c) am not hurting

10. Have you heard the news? The government \_\_\_\_.

a) is going to demit b) will demit c) is demitting

11. I \_\_\_\_ today. I \_\_\_\_ you.

a) will clean ... will help b) am cleaning ... am going to help c) am going to clean ... will help

12. I \_\_\_\_ to the country. Do you think it's a good idea?

a) will move b) am going to move c) am moving

13. I don't know how to use it. Don't panic, I \_\_\_\_ you.

a) will show b) am showing c) am going to show

14. Today we have a special offer. This PC costs only 1000\$. Well, I \_\_\_\_ it.

a) will buy b) am going to buy c) am buying

15 The sky is dark. It \_\_\_\_ a storm.

a) will be b) is going to be c) is being

**Exercise 9. Make a short summery on the topic “Curling”.**

## Unit 4

### Vocabulary

to combine – объединять	appear – появиться
cross-country skiing – лыжные	to approve – утвердить, одобрить
rifle – винтовка	appearance – появление
rigorous – точный	to participate – участвовать
cardiovascular – сердечно-сосудистый	to languish – ослабевать
exertion – напряжение	rather than – скорее, чем; а не
to follow – следовать	demise – кончина
immediately – немедленно	exclusion – исключение
need – необходимость	to resolve – принимать решение
breathing – дыхание	to govern – управлять
steady – постоянный	to return – вернуть
necessary – необходимо	to consist of – состоять из
duathlon – дуатлон	outer – внешний
generic – общий	ring – крут

to refer to – ссылаться на	inner – внутренний
to exist – существовать	prone – склонный
to comprise – состоять	to retain – удерживать
origin – происхождение	modify – видоизменять
military – военный	to permit – разрешить
advantageous – полезный	entirely – полностью
to allow – позволять	to add – добавит
troops – войска	extra – дополнительный
relatively – относительно	to miss – промахиваться
swiftly – быстро	penalty – штраф
silently – молча	lap – круг
rough – ухабистый	equipment – оборудование
terrain – местность	stock – запас, инвентарь
strapped to – привязанный к	hollow – полый
offensive – наступательный	to reduce – уменьшить
defensive – оборонительный	weight – вес
to include – включать	to reload – перезагружать
competition – соревнование	varied – разнообразный
example – пример	relay – эстафетный
border – граница	schedule – график
guard – защитник	separately – отдельно

**Exercise 1. Before you read the text, talk about these questions.**

1. What is biathlon?
2. Is it hard to train for biathlon?

**Exercise 2. Read the text.**

**Biathlon**

The biathlon is an athletic event that combines cross-country skiing with rifle shooting. The event's combination of cycles of rigorous cardiovascular exertion of skiing, followed immediately by the need for controlled breathing and steady nerves necessary for target shooting, is very challenging and demands a high level of physical fitness. A biathlon is a form of duathlon, a generic term that refers to a sporting event that is made up of two different athletic disciplines. However, the term biathlon refers to the specific wintertime combination of skiing and rifle shooting. A summertime biathlon also exists, which comprises cross-country running and rifle shooting. The origin of the biathlon was as a military training tool for soldiers in Norway's army. Centuries ago, when today's armored machinery was nonexistent, it was advantageous

for Norwegian soldiers to learn how to quickly move about and do battle in the winter. Cross-country skiing would allow troops to move relatively swiftly and silently through rough terrain. When in position, they could use the rifles strapped to their backs for offensive or defensive action. This military training grew to include competitions. The first-known example was in 1767, and involved border guards from Norway and Sweden. As time went on, these competitions expanded to include rifle and ski clubs throughout Norway and other Scandinavian countries, and Switzerland. Aside from the pleasure of competition, the sport kept club members, many of whom could be called up for active military service, fit and trained. Biathlon first appeared at the Winter Olympics as a demonstration sport in 1924. Then, it was known as "military ski patrol." By the next Olympics in 1928, the sport had been approved as an official medal sport. In the early appearance of the Olympic biathlon, only a few Scandinavian countries participated in the sport. As well, there were few agreed-upon rules. The biathlon languished and was dropped from the Olympics after the 1948 competition. Rather than the signal of the sport's demise, its exclusion from the Olympics galvanized resolve to organize the biathlon. In 1948, the Union Internationale de Pentathlon Modern et Biathlon was formed to standardize the rules governing both the biathlon and pentathlon (a sport involving five track and field events). A biathlon world championship was held in 1957, and the sport returned to the Winter Olympics in 1960 as a men's event and in 1992 as a women's event. In its original form, the biathlon consisted of a skiing over a 12.2-mi (20 km) course with four target-shooting stops between the fifth and eighteenth kilometers. At the first and third stops, each competitor shot while lying down. Then, the target was 9.8 in (25 cm) in diameter with an inner 4.9 in (12.5 cm) diameter ring. At the second and fourth stops, shots were taken while the competitor was standing. Then, because aiming the rifle was more difficult, the target was larger; a 17.7-in (45 cm) outer ring with an inner ring of 13.7 in (35 cm) in diameter. In more recent times, while the prone and standing shooting positions have been retained, the targets have been modified. As of the early 2000s, during each round of shooting, a competitor tries to hit five 1.7-in (45 mm) diameter targets positioned 4.5 in (115 mm) off of the ground and 164 ft (50 m) away,

with only one shot per target permitted. The object of the biathlon is to complete the course in as short a time as possible. Shooting accuracy contributes to a quick time; originally, a shot that hit the outer rings of either target added one minute to a competitor's time, while missing a target entirely added extra two minutes. Currently for each one of the five targets missed, a competitor either has one minute added to the time or must ski around a 492-ft (150 m) penalty oval (each lap takes elite athletes from 20 to 30 seconds to complete), prior to reentering the race course. As well, a competitor is supplied with three extra rifle cartridges that he/she can use to hit a missed target without incurring a penalty. Once these extra cartridges have been used, penalty times/laps apply for any additional missed target. During the cross-country portion of a biathlon, athletes must carry their rifle and ammunition. As with other athletic equipment, biathlon rifles have been especially designed for the competition. The rifle stock is typically hollow to reduce the gun's weight. No automatic or semiautomatic rifles are permitted; the rifle must be manually reloaded between shots. Modern Olympics added more varied distances and team relay events to the biathlon schedule. These include a sprint of 6 mi (10 km) for men and 4.6 mi (7.5 km) for women; individual 12.4 mi (20 km; men) and 9.3 mi (15 km; women); races where competitors begin separately; mass start races of 9.3 mi (15 km; men) and 7.7 mi (12.5 km; women); relays consisting of teams of four competitors who each ski 4.6 mi (7.5 km) and have two target stops; and pursuit races of 7.7 mi (12.5 km; men) and 6 mi (10 km; women). In the latter, athletes begin the race according to their finishing times in a previous race, with slower competitors starting first. The object is to catch up and pass competitors during the race. Biathlon largely remains a sport of more northerly nations, although at the 1987 Calgary Olympics one competitor represented Puerto Rico.

**Exercise 3. Answer the questions.**

1. What does the biathlon combine?
2. What does the term biathlon refer to?
3. What is the difference between a summertime biathlon and a wintertime biathlon?

4. What was the origin of the biathlon?
5. What is the object of the biathlon?
6. How do the penalties work in the biathlon?
7. What equipment is needed for the biathlon?
8. What distances and team relay events are added to Modern Olympics?

**Exercise 4. Translate from English into Russian.**

cross-country skiing, rifle shooting, challenging, athletic disciplines, cross-country running, a military training tool, use the rifles strapped to their backs, offensive or defensive action, sport had been approved, sport's demise, to standardize the rules, target-shooting stops, the prone and standing shooting positions, shooting accuracy, missing a target, penalty oval, supplied with three extra rifle cartridges, rifle stock, schedule, separately, mass start races, previous race, object, to catch up and pass.

**Exercise 5. Translate from Russian into English.**

1. Биатлон – зимний олимпийский вид спорта, сочетающий лыжную гонку со стрельбой из винтовки.
2. Прародителем биатлона считаются соревнования военных патрулей.
3. Длина лыж зависит от роста спортсмена – они не должны быть короче, чем рост спортсмена минус 4 см, максимальная длина не ограничена.
4. При стрельбе стоя засчитывается попадание в любую зону кружка, при стрельбе лёжа только в чёрный кружок диаметром 45 мм, центр которого совпадает с центром кружка 115 мм.
5. Для стрельбы применяются винтовки с минимальным весом 3,5 кг, которые во время гонки транспортируются на спине.
6. Запрещено автоматическое и самозарядное оружие.
7. На сегодняшний день в рамках крупнейших международных биатлонных соревнований проводится шесть видов гонок: индивидуальная, спринт, гонка преследования, масс-старт, эстафета и смешанная эстафета.

8. Что касается штрафов за промахи, то только в одном виде гонки – в индивидуальной гонке – он равен штрафной минуте, в остальных биатлонистам приходится преодолевать штрафной круг, равный 150 метрам.

**Exercise 6. Match the words with the definitions.**

1. penalty	a. a contest of speed
2. rifle	b. narrow wood or metal or plastic runners used in pairs for gliding oversnow
3. target	c. a gun with a long barrel
4. loop	d. a time or score punishment for making an error or breaking a rule
5. biathlon	e. a circular track
6. competitor	f. the object you are aiming for
7. shot	g. the contest you hope to defeat
8. race	h. a ski race that involves cross-country skiing and shooting at targets
9. ski	i. the act of firing a projectile

**Exercise 7. Complete the text with an appropriate word from the box.**

arenas contestants loop penalty prone round targets track weather

Basic concepts

A biathlon competition consists of a race in which (1) \_\_\_ ski around a crosscountry trail system, and where the total distance is broken up by either two or four shooting rounds, half in (2) \_\_\_ position, the other half standing. Depending on the shooting performance, extra distance or time is added to the contestant's total running distance/time. The contestant with the shortest total time wins.

For each shooting (3) \_\_\_, the biathlete must hit five (4) \_\_\_; the skier receives a (5) \_\_\_ for each missed target, which varies according to the competition rules, as follows:

- Skiing around a 150-metre (490ft) penalty loop—typically taking 20–30 seconds for elite biathletes to complete, depending on (6) \_\_\_ and snow conditions.



- Adding one minute to the skier's total time.

- Use of an extra cartridge (placed at the shooting range) to hit the target; only three such extras are available for each round, and a penalty (7) \_\_\_ must be made for each target left standing.

In order to keep (8) \_\_\_ of the contestants' progress and relative standing throughout a race, split times (intermediate times) are taken at several points along the skiing track and upon finishing each shooting round. The large display screens commonly set up at biathlon (9) \_\_\_, as well as the information graphics shown as part of the TV picture, will typically list the split time of the fastest contestant at each intermediate point and the times and time differences to the closest runners-up.

**Exercise 8. Complete the sentences. Use the present perfect or the past simple**

1. I \_\_\_ a great film yesterday. (see)
2. \_\_\_ a cheap laptop? (you ever buy)
3. Sue \_\_\_ the flu last winter. (have)
4. A few days ago we \_\_\_ to his uncle. (drive)
5. They \_\_\_ bingo Wednesday afternoon. (play)
6. He \_\_\_ the bus to get there. (already take)
7. Last week my rabbit \_\_\_ away. (run)
8. We \_\_\_ a lot last Sunday. (do)
9. \_\_\_ to India? (she ever be)
10. I \_\_\_ him last Monday. (meet)
11. She \_\_\_ yet. (not wake up)
12. I \_\_\_ her since last Thursday. (not meet)
13. Bob \_\_\_ well last night. (sleep)
14. I \_\_\_ a letter from her two days ago. (get)
15. They \_\_\_ in Germany. (already arrive)

**Exercise 9. Make a short summary on the topic “Biathlon”.**

**Exercise 10. Comment on the statements.**

1. “Each of us has a fire in our hearts for something. It’s our goal in life to find it and keep it lit.”
2. Never put an age limit on your dreams.
3. You have to train your mind like you train your body.
4. An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head.
5. The more difficult the victory, the greater the happiness in winning.

**Exercise 11. Discuss with a partner.**

Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.

**Exercise 12. With a partner act out a conversation. Talk about:**

- your favorite winter sport
- the difference between similar sports
- common mistakes people make

**Unit 5**

**Vocabulary**

sled – санки	to spend – проводить
sleigh – сани	to lubricate – смазывать
constructed – построенный	to heat – нагревать
wood – дерево	fashion – мода
steel – сталь	to create – создавать
efficient – эффективный	track – трасса
device – устройство	artificial – искусственный
downward – вниз	to construct – строить
force – сила	banked – накрённый
to support – поддерживать	turn – поворот
entire – весь	straight – прямо
length – длина	average – средний
to reduce – уменьшить	speed – скорость
friction – трение	male – мужской
resort – курорт	crucial – ключевой
visitor – посетитель	performance – результативность

to rode – ездить	approximately – приблизительно
invention – изобретение	constantly – постоянно
available – доступный	wind – ветер
hill – холм	drag – торможение
crude – грубый, необработанный	air – воздух
to attach – прикреплять	sleek – гладкий
to derive – получать	to wear – носить
bobbing – подскакивающий	helmet – шлем
motion - движение	resistance – сопротивление
occupant – житель, временный владелец	uniform – форма
attempt – попытка	to push – толкать
footnote – примечание	gate – ворота
history – история	sequence – последовательность
science – наука	cumulative – накопленный
law – закон	to gain – получать
to support – поддерживать	traction – сила сцепления
proposition – предложение	to load – загружать
to slide – скользить	responsibility – обязанность
deviation – отклонение	various – различный

**Exercise 1. Before you read the text talk about these questions.**

1. Who invented the bobsled?
2. What's the difference between luge, bobsled and skeleton?

**Exercise 2. Read the text.**

**Bobsled**

Sleds and sleighs have been a part of the winter transportation used in cold climates for many hundreds of years. Two thin runners, first constructed of wood and later of steel, are an efficient device for travel over snow or ice. The downward force of the weight supported by the sled is applied over the entire length the runners, which reduces the friction. At the Swiss resort town of St. Moritz in 1897, the bobsled was used for the first time. Visitors rode the invention for fun and recreation, descending along a natural ice track that was available on a hill at the resort. The early machines were simply a crude steering device attached to the runners of a sled; the name bobsled (spelled bobsleigh in Europe) derived its name from the rocking or bobbing motion that the occupants of the sled made in their attempts to make the sled go faster. It is a footnote of history that the name was the result of poorly applied science, as the

laws of physics support the proposition that when sliding downhill, the less motion inside the sled, the less deviation from the optimal path of travel. The International Bobsleigh and Toboggan Federation, known by its French language acronym of FIBT, was founded in 1923. The related but distinct sport of skeleton racing, which a small sled operated by a single racer propelled headfirst down the race course, is also governed by the FIBT. The bobsled event was a part of the inaugural Winter Olympics in 1924. An annual bobsled World Cup circuit gained popularity in the 1980s, where the competitors race in a series that declares an annual world champion, in both two-man and four-man categories. Once exclusively a male sport, women's bobsled became popular in the 1990s and is now included as a two-person category at the Olympics. The modern bobsleds are a product of intense technological development, where science operates to the very limit of the prescribed rules of the sport. The two-man sleds are a maximum of 8.3 ft (2.7 m) long, and weigh 858 lb (390 kg); the four-man sleds are 11.8 ft (3.5 m) long, weighing a maximum of 1,386 lb (630 kg); the permitted weights are that of crew and sled combined. The steel runners must not be lubricated or heated in any fashion that would create less friction as the sled travels along the track. The modern bobsled run is an artificial ice track, constructed with a series of banked turns and straight sections. The modern St. Moritz run is a typical bobsled track configuration, with a length of 1.05 mi (1,772 m), a vertical drop of 399 ft (129 m), and an average grade of 8.1%. A four-man bobsled will typically reach a top speed of approximately 85 mph (140 km/h) during a run. The aerodynamics of the sled and the crew are crucial to bobsled performance. The sleds are a constantly evolving shape, a product of both racing and wind tunnel technology concerning the minimizing of drag on the sled. Drag is the force of the air resistance applied to both the bobsled and its crew as it moves through the air. The surface of the sled also generates skin friction, which can reduce the speed of the sled. The sleds for this reason are sleek and aerodynamically efficient; the crew members behind the driver take positions where their heads are below the line of the driver's head, who sits at a height where only the eyes are above the top of the sled. The crew all wear sleek helmets,

with uniforms constructed from materials that also reduce drag. Bobsled speed is a result of the power developed at the start and the piloting skills of the driver along the course. The start is initiated by the push from the gate, over a 165 ft (50 m) distance, within which the bobsled is pushed as hard as is possible, with the crew members "loading" into the sled in a synchronized sequence. As a general rule, every 0.1 seconds lost at the start, a cumulative 0.3 seconds will be lost in finishing time. The crew members wear specialized shoes with which to gain traction on the ice. Once loaded, the race is the responsibility of the driver, who must pilot the sled through the various angles and curves of the course. A driver often does not reach a competitive peak until after 10 or more years of competition, as the subtlest of driving errors in the selection of the line of the bobsled through a curve can mean the hundredths of seconds between victory and a fifth place finish. Bobsled is scored cumulatively, meaning that the total time for four runs is the measure of the competition. Drivers will typically spend hundreds of hours per year studying the courses where they will race. Modern bobsled simulators have made this aspect much easier, as the simulators may be programmed with the specifications of any bobsled run in the world, and the driver can pilot the simulator over the virtual course. Much like a flight training simulator, the devices can replicate the effect of gravity on the driver, which on a world-class run will sometimes exceed 4.0 g forces. All members of a crew must be extremely fit. However, the drivers' responsibilities create a specialized role for them, and they are not expected to be as powerful as the crew. Given the paramount importance of the starting push, the crew must be very fast and very powerful. In recent years, a number of former 100 m sprinters and American football players have been recruited into the bobsled for this reason. The bobsled start is a classic anaerobic exercise, lasting no more than approximately six seconds. Repetition of the sprinting starts, weight training directed at the development of muscle mass and strength (the heavier the crew, the lighter the sled and the easier the sled is to push faster), and plyometrics exercises to enhance explosion are all a part of bobsled physical training.

### **Exercise 3. Answer the questions.**

1. What means of transport have been used in cold climates?

2. Where was the bobsled used for the first time?
3. What is the origin of the name?
4. When was The International Bobsleigh Federation founded?
5. What is the modern bobsled run?
6. What is crucial to bobsled performance?
7. What equipment is needed for bobsled?
8. How is the start initiated?
9. What helps the crew members to gain traction on the ice?
10. Who is responsible for the race?
11. How is bobsled scored?
12. What is the use of bobsled simulators?
13. What skills and abilities are important for bobsled?

**Exercise 4. Translate from English into Russian.**

Sleds and sleighs, an efficient device, reduces the friction, invention, ice track, available, footnote of history, the laws of physics, support the proposition, the permitted weights, an artificial ice track, a series of banked turns and straight sections, crew, crucial, drag, reduce the speed, sleek helmets, the piloting skills of the driver, the push from the gate, in a synchronized sequence, gain traction on the ice, responsibility, various angles and curves of the course, the subtlest of driving errors, the measure of the competition, replicate the effect of gravity, the paramount importance, enhance.

**Exercise 5. Translate from Russian into English.**

1. Бобслэй – зимний олимпийский вид спорта, представляющий собой скоростной спуск с гор по специально оборудованным ледовым трассам на управляемых санях – бобах.

2. Родиной бобслея является Швейцария.

3. Первые в мире особые сани были сконструированы в 1904 году и сделаны из дерева.

4. Деревянные сани были заменены стальными, которые стали называть «бобами» из-за способа, которым команды качались назад и вперед для увеличения скорости на прямых.

5. Команда состоит из пилота, одного брейкмана и двух разгоняющих в бобах-четверках.

6. Трасса для бобслея представляет собой ледяной жёлоб на железобетонном основании, имеющий различные по крутизне повороты и виражи.

7. Международная федерация бобслея и тобоггана – ФИБТ была основана в 1923 году.

8. Для проведения соревнований по бобслею необходимы три вещи: экипаж, боб и трасса.

9. Каждый боб имеет аэродинамическую конструкцию и гладкие полозья, чтобы ехать как можно быстрее.

10. Спортсмен-бобслеист должен быть отважным и обладать хорошим чувством равновесия.

11. Чтобы выиграть соревнования, экипаж с быстрым бобом должен обеспечить хороший старт, который задаст и скорость, и инерцию.

#### **Exercise 6. Match the words with the definitions.**

1. bob	a. something you can sit on that slides over snow or ice
2. brakeman	b. all members of the team lean backward at an extreme angle then snap forward in unison
3. driver	c. the person in control of the bobsled who steers it around the course by using steering ropes attached to the front axle
4. sled	d. the term used to describe a fully completed course by a team
5. tie	e. the person who sits at the back of the bob, whose role is to slow the bob down at certain stages
6. crew	f. occurs when the times are exactly the same for more than one team at the end of a run

7. helmet	g. a protective head covering made of hard material, such as leather, metal, or plastic
8. heat	h. a group of people working together

**Exercise 7. Complete the text with an appropriate word from the box.**

achieve brakeman consists driver equipment heats race

The start of the (1) \_\_\_ is crucial to a team's success. Riders, wearing cleated shoes, run alongside the sled, pushing it to (2) \_\_\_ maximum velocity. As it builds speed, the riders jump in, the (3) \_\_\_ in front and the (4) \_\_\_, pushing the back of the sled, entering last. The heavier four-person sleds attain speeds approaching 160 km (100 miles) per hour; the smaller, lighter two-person sleds are only slightly slower. A race (5) \_\_\_ of four descents by each team, the total time for the four (6) \_\_\_ determining the winner. Electric timing (7) \_\_\_ measures elapsed time to 0.01 second.

**Exercise 8. Rewrite the following sentences in the passive form.**

1. The boy writes poems.
2. The girl drove the blue car.
3. They have collected enough money.
4. They will open a new restaurant.
5. The little boy can draw pictures.
6. The guard watched the prisoner.
7. They will not play soccer.
8. They believe that he writes good poems.

**Exercise 9. Complete the sentences. Use the active or the passive form of the verb and the correct tense.**

1. That door \_\_\_ (paint) yesterday.
2. Michelangelo \_\_\_ (paint) the Sistine Chapel.
3. Michael Schumacher \_\_\_ (drive) for Ferrari in 2003.
4. In the UK, everyone \_\_\_ (drive) on the left.
5. Inter-city trains \_\_\_ (usually/drive) by men.
6. The 'La Stampa' newspaper \_\_\_ (read) by two million people in Italy.



7. My car \_\_\_ (steal)! Call the police!
8. The thieves \_\_\_ (steal) the gold last week.
9. The Queen \_\_\_ (open) the bridge tomorrow.
10. The bridge \_\_\_ (destroy) by the storm last night.
11. I \_\_\_ (learn) Japanese when I was in Tokyo.
12. I \_\_\_ (teach) by an old Japanese man.
13. This letter \_\_\_ (should/type), not handwritten!
14. The new secretary \_\_\_ (type) at 100 wpm.

**Exercise 10. Make a short summary on the topic “Bobsled”.**

**Exercise 11. Comment on the statements.**

1. Always remember, your bones will not break in a bobsled. No, no, no. They shatter.
2. Fall seven times, stand up eight.
3. Only he who can see the invisible can do the impossible.
4. When you cease to dream you cease to live.
5. If you can't accept losing, you can't win.

**Exercise 12. Read the story and discuss it with your partner.**

One day a son came to his father for an advice:– Dad, I can't do this anymore, – he said, – those lessons only exhaust me, and the result doesn't change. It must be not destined for me to play football and my dream will never come true. The father looked at his son with loving eyes and said:– You know son, every person in life has a dream, a goal of his life. They are the ones that make us do what we are doing, because it's what we should do. We have to fight for what we believe in, what we feel. In other case, you will simply brake. Once – and for all. As thought you were never there. The easiest way is to quit everything and not go until the end, because the path is difficult and we are not used to inconveniences. We want everything to be easy and at once. But the wishes are fleeting! This is how our dream dies, and the goal becomes unreachable. Gradually, life becomes a routine without depth and meaning. Then one day, we try to forget and start everything from the beginning, we wait for a new day to make our life different. But new obstacles come in our way, and we stop

again. We become full of despair and anger for our own helplessness. But you only need to remember one thing: never give up, fight, battle. It doesn't matter that you have lost one battle and even dozens of battles. Life goes on! Your biggest enemies are hiding in you – laziness, fear, doubt, indecision. Be a warrior of your dream, a knight of your goal and a soldier of your wishes.

**Exercise 13. With a partner act out a conversation. Talk about:**

- what to practice
- what can be practiced later
- what skills the team is improving at

**Unit 6**

**Vocabulary**

archery – стрельба из лука	deceptive – обманчивый
diverse – разнообразный	core – основной
indigenous – местный	abdominal – брюшной
value – ценность	lumbar – поясничный
bow – лук	groin – пах
arrow – стрела	flexibility – гибкость
firearms – огнестрельное оружие	corresponding – соответствующий
cannon – пушка	heart rate – частота сердцебиения
to contest – оспаривать	to offset – компенсировать
roster – список	fatigue – усталость
wheelchair – инвалидная коляска	imagery – образность
ancient – древний	general – общий
medieval – средневековый	proposition – предложение
execution – выполнени	steady – постоянный
projectile – метательный	involuntary – непроизвольный
weapon – оружие	respiration – дыхание
to defeat – наносить поражение	deep – глубоко
enemy – враг	breathing – дыхание
carbon – углерод	prior – предшествующий
fiber – волокно	to draw back – натягивать
bowstring – тетива	shoulder – плечо
velocity – скорость	resistance – сопротивление
to contribute – внести вклад	

**Exercise 1. Before you read the passage, talk about these questions.**

What equipment is needed for archery?

Is archery a safe sport?

**Exercise 2. Read the text.**

### **Archery**

Archery is a sport that is among the oldest of recorded competitive activities. Cultures as diverse as the Chinese, indigenous North American people, and early Europeans placed value on the ability of men to skillfully use a bow and arrow. The legends of William Tell and Robin Hood centered upon the talent of each character to shoot an arrow with unerring accuracy. When archers were displaced in English armies through the development of firearms and cannon in the 1600s, archery gained popularity as a competitive sport.

Archery was introduced to the Olympics in 1900, and the sport was contested through the Games of 1920, when it was removed from the Olympic roster as a result of disputes among the competing nations regarding the appropriate rules for competition. Archery was reinstated to Olympic status at the Summer Games of 1972. Archery is also included at the Summer Paralympics as a wheelchair sport. As with the sports of the ancient Olympics that are still part of the modern games, archery is a sport that has not changed to a significant degree since medieval times.

FITA, the international archery federation, is the governing body for the sport worldwide. Modern archery is organized into men's and women's divisions, both as individual competitions and as team events. The usual international events require a competitor to deliver a prescribed number of arrows into a target from a variety of distances. For men, the distances are 30 m, 50 m, 70 m, and 90 m; for women, the maximum competitive distance is 70 m. The targets are divided into ten zones, with zone widths varying depending on the distance from which the archer shoots. The sport is very simple in its execution, as the archer with the most arrows delivered closest to the bulls' eye, the center of the target, is the winner. While physical strength and general fitness are important to an elite-level archery competitor, archery is a sport where physical size is not of primary importance.

As a machine, a bow is any stringed projectile weapon designed to shoot arrows. The modern bow used in archery competition is of the same approximate shape and dimension as the long bows first used by the English army at the Battle of Crecy in 1346 to defeat their French enemy. The modern bow is constructed from carbon fiber and other similar composite materials to create a maximum degree of response to the pull of the archer. The shooting of an arrow involves the application of a series of physical principles. The expression, "translation of energy," is important in the understanding of how the arrow is delivered with maximum effect. As the archer prepares to draw back the bowstring, the potential energy available to the arrow rests in the muscles of the archer's arm and shoulders. Once the bowstring is drawn, the potential energy is transferred from the archer to the bowstring. When the bowstring is released, virtually all of the stored potential energy in the bowstring is transferred to become the kinetic energy that powers the arrow into flight.

The flight of the arrow is a product of a number of physical factors. The velocity at which the arrow is released, the angle (calculated as the number of degrees above horizontal that the bow and arrow are aimed), the mass of the arrow, and the impact of air resistance and wind all contribute to the manner in which the arrow will travel.

Archery is a deceptive sport in terms of the approach to physical training and fitness required of the competitive archer. The general desirable physical qualities in an archer are strength, particularly in the core strength elements of the abdominal, lumbar (lower back), and groin, to provide stability to the archer as the arrows are shot. Flexibility is also an important quality, as is muscular strength in the upper body, to effectively draw back and deliver the arrows. Aerobic fitness and a corresponding ability to control the heart rate of the athlete in the stress of competition is of critical importance to the competitive archer.

Aerobic fitness assists an archer in offsetting the fatigue that results from standing for several hours through a competition, where during the delivery of the arrows the athlete must be strong and physically prepared to compete. The high level of mental focus required to concentrate during every attempt at a target (the archer may deliver over 50 arrows in a single session) is best supported by a body that is fit.

Archers employ a variety of mental conditioning techniques to prepare themselves for an event. Many of these devices include both visualization of the physical movements that the archer will complete to shoot a perfect arrow; other techniques encourage the athlete to use imagery to relax prior to the event. As a general proposition, the lower an archer's heart rate, the steadier the aim. The rate at which the heart beats is a function of the autonomic nervous system, which controls other involuntary systems such as respiration. Most competitive archers employ one of a variety of deep breathing techniques prior to the actual delivery of an arrow to take the pulse to its lowest possible rate to create the greatest degree of stability and control over the delivery of the arrow.

**Exercise 3. Answer the questions**

1. What is archery?
2. What cultures paid special attention to the use of a bow and arrow?
3. Why was archery displayed in English armies?
4. When did it gain popularity as a competitive sport?
5. When was archery introduced to the Olympics?
6. Has archery changed a lot since ancient times?
7. What is the governing body for archery?
8. How is modern archery organized?
9. What are the rules of the international events?
10. Why is this sport simple in its execution?
11. What is important to an elite-level archery competitor?
12. What is a bow used for?
13. What is a modern bow constructed from?
14. What does the expression “translation of energy” mean?
15. How is the flight of an arrow produced?
16. Why is archery a deceptive sport?
17. What qualities are desirable in an archer?
18. What role does aerobic fitness play?
19. What mental techniques are important to prepare for an event?

20. How can an archer create the highest degree of stability?

21. What is the bull's eye?

**Exercise 4. Complete the sentences.**

1. Archery is the oldest sport among ...

2. Archery gained popularity as a competitive sport when ...

3. Archery was introduced ...

4. Archery is a sport that has not changed to a significant degree ...

5. The international archery federation is ...

6. Modern archery is organized into ...

7. The usual international events require a competitor ...

8. Archery is a sport where physical size ...

9. A bow is any stringed projectile weapon ...

10. The general desirable physical qualities in an archer are ...

11. Archers employ a variety of mental conditioning techniques ...

**Exercise 5. Translate from English into Russian.**

Competitive activities, skillfully use a bow and arrow, to shoot an arrow with unerring accuracy, the development of firearms and cannon, to gain popularity, the appropriate rules for competition, to a significant degree, the international archery federation, men's and women's divisions, individual competitions, team events, to deliver a prescribed number of arrows into a target, a variety of distances, the bulls' eye, of primary importance, to draw back the bowstring, the potential energy is transferred from the archer to the bowstring, the flight of the arrow, the impact of air resistance, a deceptive sport, flexibility, assists an archer in offsetting the fatigue.

**Exercise 6. Translate from Russian into English.**

1. Стрельба из лука – вид спорта, в котором производится стрельба из лука стрелами на точность или дальность.

2. Победителем является спортсмен или команда, которая наберет больше очков, согласно правилам соревнований.

3. Центральным управляющим органом стрельбы из лука, как вида спорта в мире, является – Международная федерация стрельбы из лука.

4. Стрельба из лука – олимпийский вид спорта с 1900 года.

5. Крупнейшие международные соревнования по стрельбе из лука проводятся для различных типов лука (блочный и классический) как в помещении, так и на открытом воздухе.

6. Стандартными на международных соревнованиях являются дистанции, измеряемые в метрах.

7. Стрельба ведется сериями по три или по шесть стрел.

8. По стандартам FITA на серию из 3 стрел дается 2 минуты, на серию из 6 стрел 4 минуты.

9. Большое внимание необходимо уделять безопасности, так как спортивный лук потенциально смертельно опасное оружие.

10. Неопытному человеку лучше даже не пытаться натянуть тетиву.

11. Запрещено направлять лук (даже без стрел) в людей.

12. Запрещено стрелять вертикально вверх, где бы то ни было.

13. Начинать стрельбу и следовать к мишеням за стрелами можно только по командам судей или лиц ответственных за проведение тренировки.

**Exercise 7. Complete the sentences. Use the passive (present or past) of the verbs in brackets.**

1. Archery \_\_\_ to the Olympics in 1900. (introduce)

2. Archers \_\_\_ in English armies through the development of firearms and cannon in the 1600s. (displace)

3. Archery \_\_\_ to Olympic status at the Summer Games of 1972. (reinstate)

4. Archery \_\_\_ also \_\_\_ at the Summer Paralympics as a wheelchair sport. (include)

5. Modern archery \_\_\_ into men's and women's divisions. (organize)

6. The targets \_\_\_ into ten zones. (divide)

7. The modern bow \_\_\_ from carbon fiber and other similar composite materials. (construct)

8. Once the bowstring \_\_\_, the potential energy \_\_\_ from the archer to the bowstring. (draw, transfer)

**Exercise 8. Match the words with the definitions.**

1. back	a. to pull back the bowstring and arrow in preparation to shoot
2. bull's eye	b. the part of the bow handle that faces the target when the archer is shooting
3. Robin Hood	c. an archer
4. scoring hit	d. the part of the bow handle that faces the archer when shooting
5. spotter	e. to place an arrow on a bow string
6. belly	f. splitting the shaft of an arrow already in the target with another arrow
7. nock	g. any arrow that hits the target and counts for points
8. draw	h. a person who identifies each archer's score with a telescope and enters the score
9. bowmen	i. the central spot on the target

**Exercise 9. Complete the text with an appropriate word from the box**

attention competition hunter mind opportunity participate release shoot target

Fringe benefits

If an archer is not a (1) \_\_\_\_, but shoots solely for (2) \_\_\_\_ and recreation, there is plenty for him to (3) \_\_\_\_ in. There are many traditional archery clubs across the world, that have regular competitions and events to get involved with. If an archer is a hunter he also has the (4) \_\_\_\_ to test his woodsmanship to the extreme. It's comparatively easy to (5) \_\_\_\_ an animal from tens, if not hundreds, of yards with a scoped rifle, or shoot a blast of "boom-stick" at your (6) \_\_\_\_ than it is to step into the home of the wild creatures, get within a handful of yards without being detected by them, and (7) an arrow that will put them down in an ethical and efficient manner. Again, there's nothing wrong (or inherently easy) with hunting with firearms, it is just different. For many, this centuries old activity is a form of therapy. Concentrating on their form, method of release, and accuracy demands a great deal of (8) \_\_\_\_ and concentration. If they can clear their (9) \_\_\_\_ in this practice, they can begin again on the more "stressful" things in life with a clean slate.



**Exercise 10. Make a short summary on the topic “Archery”.**

**Exercise 11. Comment on the statements.**

1. 90% of archery is half mental.
2. The more you practice, the luckier you are.
3. Listen to everything, try what makes sense, use what works.
4. Sometimes the way to win is to forget to take score.
5. There is no excellence in archery without great labour.

**Exercise 12. With a partner act out a conversation. Talk about:**

- what it takes to be a good archer
- what you like about competing
- what it takes to balance sport with study
- who you respect and admire

## Appendix 1

### Useful words to express your opinion

In my opinion, ...

In my eyes, ...

To my mind, ...

As far as I am concerned, ...

Speaking personally, ...

From my point of view, ...

As for me / As to me, ...

My view / opinion / belief / impression / conviction is that

I hold the view that ...

I would say that ...

It seems to me that ...

I am of the opinion that ...

My impression is that ...

I am under the impression that ...

It is my impression that ...  
I have the feeling that ...  
My own feeling on the subject is that ...  
I have no doubt that ...  
I am sure / I am certain that ...  
I think / consider / find / feel / believe / suppose / presume / assume that ...  
I hold the opinion that ...  
I dare say that ...  
I guess that ...  
I bet that ....  
I gather that ...  
It goes without saying that ...

### **Useful words to express your agreement**

I agree with you / him ...  
I share your view.  
I think so.  
I really think so.  
He is quite right / absolutely right.  
He may be right.  
I have no objection.  
I approve of it.  
I have come to the same conclusion.  
I hold the same opinion.  
We are of one mind / of the same mind on that question.  
I am at one with him on that point.

### **Useful words to express your disagreement**

I don't agree.  
I disagree.  
I don't think so.

You are / he is wrong.  
I think otherwise.  
I don't think that's quite right.  
I don't agree with you/him.  
I don't agree with what you say.  
I am afraid that is not quite true.  
I take a different view.  
I don't share his/her/your view.  
This argument does not hold water.  
Not at all!  
Nonsense!

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